HAUTE AUTORITÉ DE SANTÉ

CNP-ORL
Conseil National Professionnel d'ORL et CCF

MEDICAL INFORMATION BEFORE PERFORMING TURBINOPLASTY IN ADULTS

Madam, Sir,

Turbinoplasty is the partial surgical removal of the inferior turbinate(s) of the nose.

To ensure you are fully informed about the procedure, we ask that you read this information document carefully. Your surgeon is available to answer any questions you may have.

Remember to tell your surgeon about any medications you regularly take, particularly aspirin and anticoagulants. Remember to mention any allergies you have had, particularly those related to medications. Finally, remember to bring any medical documents you have with you to your hospitalization, including blood tests and radiological examinations.

PURPOSE OF THE PROCEDURE

You have nasal obstruction due to an enlarged inferior turbinate. The failure of medical and local treatments has led to this procedure being proposed. The goal of the procedure is to improve nasal ventilation by preserving the functions of the nasal mucosa as much as possible while maintaining at least two-thirds of the turbinate structure. The turbinates play a major role in nasal respiratory functions, warming and humidifying the inhaled air, and acting as a barrier against airborne contaminants. They also play a role in controlling breathing and ensuring nasal respiratory comfort. This procedure has no effect on a runny nose or sneezing.

PERFORMANCE OF THE PROCEDURE

The procedure can be performed under local or general anesthesia. The anesthesiologist-intensive care physician, whom you will see in a consultation prior to the procedure, is responsible for answering any questions you may have regarding their specialty.

The procedure is performed without an external scar, from the inside of the nose. Postoperative packing is sometimes useful to prevent bleeding.

The length of hospitalization and post-operative care will be specified by your surgeon (in particular, washing the nasal cavities to remove crusts secondary to the healing process).

IMMEDIATE RISKS

Bleeding may occur.

SECONDARY RISKS

Crusting is common after surgery, causing a dry nose. It requires prolonged local care.

Residual nasal obstruction is possible.

Watery eyes, due to irritation of the lacrimal passages, may persist for some time.

SERIOUS AND/OR EXCEPTIONAL COMPLICATIONS

Any medical procedure, investigation, exploration, or intervention on the human body, even when conducted under competent and safe conditions consistent with current scientific data and current regulations, carries a risk of complications.

Empty nose syndrome (ENS) is a serious complication that can occur relatively soon after a turbinate reduction procedure. It is characterized by the appearance of paradoxical nasal obstruction and a host of other nasal symptoms (dryness, crusting, hypersensitivity to cold and dry air, pain, purulent posterior rhinorrhea, smell and/or taste disorders, etc.) and extranasal symptoms (dyspnea, sleep disturbances, attention deficit disorder, anxiety disorders, depressive disorders, headaches, dry throat, etc.). The incidence of ENS remains unknown.

Significant nasal bleeding is rare.

IN CASE OF SYMPTOMICAL FAILURE OF THE FIRST TURBINOPLASTY

To relieve residual nasal obstruction, you may be offered another turbinoplasty. This must preserve at least 2/3 of the turbinal structure that existed before the first procedure.

This document was developed based on the recommendation
« Prevention, diagnosis, and management of empty nose syndrome - November 2022 ».

All our publications can be downloaded from www.has-sante.fr

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